How to live healthy with Diabetes (Arabic)

طريقة الحياة الصحية لمرضى السكر (عربي)

Diabetes Australia

MACARTHUR HEALTH SERVICE
BUILDING QUALITY HEALTH CARE
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Also involved in compiling this booklet were

Macarthur Multi Cultural Health Service
Phone 46292111

المركز العربي الاسترالي الاجتماعي في مكارثر

Macarthur Arabic Australian Welfare Centre
Phone 9603 2500

Macarthur Migrant Resource Centre
Phone 46271188

Moslem Women’s Association
Phone 46271188

Macarthur Division of General Practice
Phone 4625 9522

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How to live healthy with Diabetes
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BACK TRANSLATION VERIFICATION BY

Dr Sohair Ayoub
Abdulfattah Abbas
Father Mena Kamel

EDITORS

Bradley Marney
Manager Macarthur Diabetes Service,
E-mail: Bradley.Marney@swsahs.nsw.gov.au

Violette Michael
Macarthur Multi Cultural Health Consultant,
E-mail: Violette.Michael@swsahs.nsw.gov.au

Effie Houvardis
Dietitian Diabetes Australia-NSW,
E-mail: EffieT@diabetesnsw.com.au

Suzanne Short
Diabetes Educator, Macarthur Division of General Practice,
E-mail: Suzanne@macdivgp.com.au
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## How to live healthy with Diabetes

### What is Diabetes

Diabetes is a condition where the body cannot properly use or produce insulin, a hormone that helps regulate blood sugar levels.

### Type 2 Diabetes

Type 2 diabetes is the most common type and is characterized by high blood sugar levels due to the body's resistance to insulin.

### Gestational Diabetes

Gestational diabetes occurs during pregnancy and is usually temporary. It affects approximately 3% of all pregnancies.

### Type 1 Diabetes

Type 1 diabetes, also known as juvenile diabetes, is an autoimmune condition where the body's immune system attacks and destroys the insulin-producing cells in the pancreas.

### Exercise

Regular physical activity is crucial for managing diabetes by improving blood sugar control and reducing the risk of complications.

### Why healthy eating is important?

Healthy eating is essential for managing diabetes by maintaining a healthy weight, reducing the risk of complications, and improving overall health.

### Carbohydrates

Carbohydrates are a crucial nutrient in the diet, providing energy for the body.

### Fats

Fats are important for overall health, but they should be consumed in moderation to avoid high cholesterol levels.

### Protein

Protein is important for muscle repair and growth, as well as for maintaining healthy blood glucose levels.

### Hunger

Understanding hunger and fullness signals helps in maintaining a healthy diet and avoiding overeating.

### Health Eating

A healthy eating plan includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.

### Alcohol

Moderate alcohol consumption may be beneficial for some people with diabetes, but it should be done in moderation.

### Putting it all together

Combining exercise, a healthy eating plan, and adequate medication can help manage diabetes.

### Choosing carbohydrate foods

Choosing the right types of carbohydrates is important for managing blood sugar levels.

### Suggested Meal Plans

Suggested meal plans can help individuals with diabetes manage their condition through proper nutrition and meal timing.

### Blood Glucose Monitoring

Monitoring blood glucose levels is crucial for managing diabetes and catching problems early.

### Hypoglycemia

Hypoglycemia, or low blood sugar, can occur when there is too much insulin in the body or not enough food in the stomach.

### Hypoglycemia

Hypoglycemia, or low blood sugar, can occur when there is too much insulin in the body or not enough food in the stomach.

### our Feet Diabetes and Your Feet

Caring for the feet is essential for managing diabetes, as foot problems are common among people with diabetes.

### Sick Days

Gardening sick days can be challenging for people with diabetes, but with proper planning and management, it is possible to maintain good control.

### Looking After Diabetes

Looking after diabetes involves a combination of lifestyle changes, medication, and regular monitoring.

### Resources

Resources are available to help individuals with diabetes manage their condition effectively.
How to live healthy with Diabetes
What is Diabetes?

**Type 1 Diabetes**

This type of diabetes is often diagnosed in children and teenagers. People with Type 1 diabetes usually have to take insulin to keep their blood sugar levels under control. This is because their bodies do not produce enough insulin to regulate blood sugar levels.

**Type 2 Diabetes**

Type 2 diabetes is much more common than Type 1 diabetes. It usually develops in people who are overweight or obese. The body does not respond well to insulin, so there is too much sugar in the blood.

**Gestational Diabetes**

Gestational diabetes occurs during pregnancy. It affects about 4% of all pregnant women. Women with gestational diabetes need to closely monitor their blood sugar levels and take medications to control their blood sugar.

**Other Types of Diabetes**

There are other types of diabetes, such as Type 3c and Type 4 diabetes. Type 3c diabetes is a rare form of diabetes that affects people with Down syndrome. Type 4 diabetes is a type of diabetes that develops in people with certain types of cancer or other chronic illnesses.

**Diabetes Symptoms**

Some common symptoms of diabetes include:

- Frequent urination
- Extreme thirst
- Extreme hunger
- Unexplained weight loss
- Fatigue
- Blurred vision
- Slow healing of wounds
- Numbness or tingling in the hands or feet

If you have any of these symptoms, it is important to see a doctor for a proper diagnosis and treatment.

**Prevention of Diabetes**

There are several ways to prevent diabetes, including:

- Maintaining a healthy weight
- Eating a balanced diet
- Regular physical activity
- Quitting smoking
- Managing stress

By making these lifestyle changes, you can reduce your risk of developing diabetes.
What is Diabetes?

Introduction

Diabetes is a disease.

For our bodies to work properly we need to convert sugar into energy.

With diabetes, a hormone called insulin, which is essential for the conversions of the glucose (sugar) into energy, is no longer produced in sufficient amounts by the body or the insulin produced is not working properly.

There are two main types of diabetes.

- **Type 1** or insulin-dependent diabetes (Juvenile Diabetes) which usually affect children, teenagers and young adults and requires daily injections of insulin; and

- **Type 2** or non-insulin dependent Diabetes (Adult-onset Diabetes), which usually affects people over the age of 45 years and is treated by healthy eating and regular exercise. Tablets and insulin injections are sometimes necessary.

This second type is the more common form of diabetes.
الطريقة الحياة الصحية لمرضى السكر

النوع 2 من داء السكر

في النوع 2 من داء السكر، لا تستطيع خلايا الجسم استخدام الأنسولين بشكل صحيح (مقاومة الأنسولين). وهذا بسبب تجمع الكولوكوز (السكر) في الدم.

العوارض

تحدث العوارض تدريجيا ولكن العديد من الناس المصابين بنوع 2 من داء السكر ليس لديهم أي عوارض، ويتم تشخيصها بعد فحص الكولوكوز في الدم. وتحدث أكثر نسبةً في الأشخاص الذين لديهم تاريخ عائلتي من الإصابة بداء السكر، والذين تزيد أعمارهم على 45 عاماً، ولديهم زيادة في الوزن ونادرًا ما يمارسون التمرينات. وتشمل العوارض:

- الشعور بالتعب
- التبول مراراً
- الشعور الدائم بالعطش
- الرؤى غير الواضحة
- الهالاك الجلدي أو في منطقة الأعضاء التناسلية
- الشفاء البطيء من النزيف
- عدم الإحساس والشعور بالوخز في اليدين أو الرجلين.

العلاج

عند الكثيرون من الأشخاص المصابين بنوع 2 من داء السكر، فإن الأكل الصحي وممارسة التمرينات باستمرار يمكن أن يتحكم بمستويات الكولوكوز في الدم. إن نظام الأكل وممارسة التمرين الذي يقترحه الطبيب أو الأخصائي في علم الغذاء يعتمد على عمر الشخص، وطريقة حياته وصحته بشكل عام.

في بعض الحالات، قد يكون من الضروري تناول حبوب الأدوية أو حقن الأنسولين.

Type 2 Diabetes

النوع 2 من داء السكر

How to live healthy with Diabetes
TYPE 2 DIABETES

In Type 2 diabetes, the body cells are unable to use insulin properly (insulin resistance). This causes glucose (sugar) to accumulate in the blood stream.

Symptoms

The symptoms come on gradually but many people with type 2 diabetes have no symptoms and are diagnosed after a blood glucose test. It occurs more frequently in people who have a family history of diabetes, are over 45 years, are overweight and rarely exercise. Symptoms include:

- Feeling tired
- Passing urine frequently
- Feeling constantly thirsty
- Blurred vision
- Itching of the skin or genital area
- Slow healing infections
- Numbness and tingling in hands or feet

Treatment

- In many people with type 2 diabetes, healthy eating and regular exercise can control blood glucose levels.

- The eating and exercise plan a doctor or dietitian may suggest depends on the person’s age, lifestyle and overall health.

- In some cases, tablets or insulin injections may also be necessary.
طريقة الحياة الصحية لمرضى السكر

داء سكارالحمل

ما هو داء السكر الخاص بالحمل؟

داء السكر الخاص بالحمل هو نوع من داء السكر الذي يحدث خلال الحمل و يزول عادة بعد ولادة الطفل.

و هذه الحالة العادية يحدث فيها مستوى عالٍ من الكولوكوز في الدم تعرف للمرة الأولى خلال فترة الحمل. و تظهر عند منصف مدة الحمل نتيجة التغييرات في هرمونات الأم.

و إذا لم تعالج هذه الحالة، يمكن أن تسبب تعقيدات للأم وللطفل.

من يواجه خطورة الإصابة بداء سكارالحمل؟

النساء:

- اللاتي تزيد أعمارهن على 30 عاما.
- اللاتي لديهن تاريخ عائلي من الإصابة بنوع 2 من داء السكر.
- اللاتي لديهن زيادة في الوزن.
- اللاتي يدمين الي مجموعات عرقية، مثل: من الهند، أسبانيا، جزر الباسيفيك، الشرق الأوسط.

كيف يتم تشخيص داء سكارالحمل؟

 يتم التشخيص بعد فحص خاص. يتم فحص الدم قبل وبعد تناول مشروب من الكولوكوز. وعادة، يتم إجراء هذا الفحص عندما تكونين حاملا لمدة ستة أشهر تقريبا.

وينصح بفحص جميع النساء الحوامل للكشف عن داء السكر بين أسبوع الحمل 26 و 28.

 وأما صببت بداء السكر الخاص بالحمل، فالأفضل أن يغنيي بك الطبيب المختص في العناية بالنساء الحوامل المصابات بداء السكر.

العلاج

يعتمد العلاج على الأكل الصحي المنتظم وممارسة التمارين بانتظام مثل المشي.

مرشد للأكل الصحي:

* تناولي نواعيات مختلفة من الأكل.
* تناولي وجبات منتظمة ووجبات خفيفة مثل ، ثلاث وجبات بحجم معتدل وثلاث وجبات خفيفة
* صغيره موزع بانتظام خلال اليوم.
* إجعلي الأطعمة التي تحتوي على الكربوهيدرات (النشويات) في كل وجبة خفيفة، والخبز الأسمر، وخليط الخبز، وأطعمة الحبوب والخضروات و الزيوت و الفواكه والخضروات.
* تجنبي الأطعمة والمشروبات التي تحتوي على كميات عالية من السكر.
* استخدم طرق الطهي التي تحتاج إلى نسب قليلة من الدهن و اختياري المنتوجات قليلة الدهن.
* اشربي الكثير من الماء.

Gestational Diabetes

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How to live healthy with Diabetes
Gestational Diabetes

What is Gestational Diabetes?

Gestational Diabetes is a form of diabetes that occurs during pregnancy and usually goes away after the baby is born.

This common condition refers to a high blood glucose level recognized for the first time during pregnancy. It develops towards the middle of the pregnancy as a result of the changes in the mother’s hormones.

If this condition is left untreated, it can cause complications for the mother and the baby.

Who is at risk of developing gestational diabetes?

Women:
- over 30 years of age
- with a family history of Type 2 diabetes
- who are overweight
- from certain ethnic groups e.g. India, Asia, Pacific Islands, Middle East

How is Gestational Diabetes diagnosed?

Diagnosis is made after a special test. A blood test is carried out before and after a glucose drink is given. Usually, this test is performed when you are about six months pregnant.

It is recommended that all pregnant women be tested for diabetes between 26th and 28th week of pregnancy. If you get gestational diabetes, it is best that you are cared for by a doctor who specialises in looking after pregnant women with diabetes.

Treatment
The treatment is based on healthy eating and regular exercise such as walking.

Guide for healthy eating:

- Eat a wide variety of food
- Eat regular meals and snacks such as, three moderately sized meals and three small snacks spread evenly over the day
- Include carbohydrate foods (starch) in each meal and snack such as, multigrain bread, cereals, legumes, pasta, rice, fruit and vegetables
- Avoid foods and drinks containing large amounts of sugar
- Use low fat cooking methods and choose low fat products
- Drink plenty of water

A healthy eating plan will help you and your baby. Talking to a person who specialises in healthy eating such as a Dietitian is recommended. Ask your doctor to arrange this for you.
How to live healthy with Diabetes

Gestational Diabetes
It is important that women check that their diabetes is well controlled by doing blood tests at home each day. Your doctor or diabetes nurse will teach you how to do these tests. Aim for a blood glucose level below 7 mmol/l two hours after meals.

If healthy eating and regular exercise cannot control gestational diabetes, insulin injections will be necessary for the rest of the pregnancy. This is safe for you and your baby. Tablets for treating diabetes are not used in pregnancy.

As long as there are no other problems, the pregnancy can continue normally ending with a healthy baby.

**How will Gestational Diabetes affect my baby?**

If diabetes is not well looked after, it may cause problems such as a large baby, which makes delivery more difficult. The baby may also have low glucose levels for a short time after birth. If any problems occur, the hospital will know how to care for you and your baby.

**Will my baby be born with diabetes?**

No your baby will not be born with diabetes. However, diabetes tends to run in families, so your child may develop diabetes in adult life.

**What happens after your baby is born?**

After the baby is born, the diabetes usually disappears. A special blood glucose test is performed 6 weeks after delivery to ensure that blood glucose levels are back to normal. However, women who have had gestational diabetes have an increased risk of developing type 2 diabetes later in life.

**To help to prevent the onset of Type 2 diabetes, it is important to:**

- continue healthy eating
- stay at a healthy weight
- exercise regularly
- have your blood glucose checked every 1-2 years.

For further information, speak to your doctor or contact Diabetes Australia 1300 136 588.
الطريقة الحياة الصحيه لمرضى السكر

النوع 1 من داء السكر (داء السكر الذي يصيب الصبيه الأحداث)

في النوع 1 من داء السكر، يوقف الباركينيا (وهو غده كبرى في خلف المعدة) عن إنتاج الأنسولين.
وبدون الأنسولين، لا يستطيع الجسم أن يستخدم الكولوكوز (السكر) الذي يحتاجه الجسم من أجل الطاقة.
فبما هرجأ دهف نفسه كديل.

والشخص المصاب بداء السكر من نوع 1 يجمع مواد كيماوية خطيرة في الدم من جراء حرق الدهون، إذا كان عاجله
فوقاً. هذا يمكن أن يسبب حاله تعز ب اسم "كيتو-سيدوزيز".
نظر إلى "كيتو-سيدوزيز" للبقاء على قيد الحياة، فإن الأشخاص الذين يعانون من النوع 1 من داء السكر يعتمدون على أخذ أربع حقن من الأنسولين كل
يوم في حياتهم كحد أعلى.
وأيجب أن يعتبروا مستويات الكولوكوز في دمهم عدة مرات يومياً. وهذا أساسى لẸرارى التفاعلات الممعت بين الأكل وممارسة
التمارين مع حق الأنسولين.

العوارض

ويمكن للعوارض أن تحدث فجأة، إذا حدثت، قد بزيارة الطبيب.

* الشعور بالعطش الدائم
* النوبات مراراً بما في ذلك النوبات في الفراش أو ليلة
* الجوع الزائد عن الحد
* الروظة إلى الوضوء
* الضعف والتعب بدون سبب
* اختفاق في الوزن
* امتصاص في الكلية
* نزول مواضع من المهبل أو الحك عند البنات القديمات
* الغثيان والنتوء

ومن خلال فحص بسيط، يكتشف الطبيب أن يكشف عن وجود داء السكري.

السبب

أن السبب المحدد ليس معروفًا، وبعض الناس مهنين للإصابة بلتنوع 1 من داء السكر. ويمكن أن يبدأ المرض عند هؤلاء
الناس عن طريق فيروس. وهذا يدمر جزء من الباركينيا الذي ينتج الأنسولين.

العلاج

يهدف العلاج لعمل ما يعقل الجسم الطبيعي وهو الحفاظ على توازن صحيح للأنسولين والكولوكوز.
و"التحكم" بداء السكر يعني الحفاظ على مستوى الكولوكوز في الدم أقرب ما يكون للمستوى الطبيعي.

وعناصر "التحكم" بداء السكر من نوع 1 هي:
- الطعام
- تمرين التمارين
- الأنسولين

Type 1 Diabetes

النوع 1 من داء السكر

How to live healthy with Diabetes
Type 1 Diabetes (Juvenile Diabetes)

In Type 1 diabetes, the pancreas (a large gland behind the stomach) fails to produce insulin.

Without insulin, the body’s cells cannot use glucose (sugar), which the body needs for energy. It begins to burn its own fats as a substitute.

Unless treated with daily injections of insulin, a person with Type 1 diabetes accumulates in the blood dangerous chemical substances from the burning of fat. This can cause a condition known as ‘keto-acidosis’.

* See ‘Keto-acidosis’.

To stay alive, people with Type 1 diabetes depend on up to four insulin injections every day of their lives.

They must test their blood glucose levels several times daily. This is vital to monitor the complex interaction of food and exercise with their insulin injections.

Symptoms
The symptoms may occur suddenly. If they occur, see a doctor.

- Feeling constantly thirsty
- Passing urine frequently, including bedwetting
- Excessive hunger
- Blurred vision
- Unexplained weakness and fatigue
- Weight loss
- Vaginal discharge or itch in young girls
- Nausea and vomiting

Through a simple test, a doctor can find out if diabetes is present.

Cause
The exact cause is not known. Some people are predisposed to developing Type 1 diabetes. In these people, the diabetes is possibly triggered by a virus. This destroys the part of the pancreas which produces insulin.

Treatment
Treatment aims to do what a normal body does naturally - maintain a proper balance of insulin and glucose. Diabetes “control” means keeping the level of glucose in the blood as close to normal as possible.

The three elements of “control” for Type 1 diabetes are:

- Food
- Exercise
- Insulin
داء السكر والتمارين

كل شخص يستفيد من التمارين المنتظمة، عند المصابين بداء السكر تلعب التمارين دوراً مهماً في المحافظة على صحتك.

كيف يمكن للتمارين أن تساعدك؟

تساعد في جعل الأنسولين يعمل بشكل أفضل وتحسين مستوى السكر في دمك.

يمكن أن تساعدك في التحكم في وزنك.

يمكن أن تساعدك في تخفيض ضغط دمك.

يمكن أن تقلل من خطرة مرض القلب.

يمكن أن تقلل من الضغط النفسي.

ما نوع التمارين التي يجب أن أقوم بها؟

المشي.

السباحة.

الرقص.

التمارين المائية.

العمل في الحديقة.

رياضة الغولف.

قيادة الدراجة.

التدرب على دراجة التمرين.

جهز المشي.

زيادة نشاطك الجسدي بشكل عام مساعد أيضاً مثل استخدام السلمات بدلاً من المصعد، القيام بتغير محطة التلفاز بدلاً من استخدام جهاز التحكم عن بعد. العمل المنزلي الخ. ...

ما حجم التمارين التي احتاج للقيام بها؟

بشكل مثالي 30 دقيقة يومياً. إذا لم يكن يمكن فقد يمكنك تقسيم الوقت إلى 3 حصص كل منها 10 دقائق.

ما مدى حدة التمارين؟

لا تحتاج أن تثليت تستفيدي من التمارين، أجعل هدفك الاعتقالي في التمارين، وهذا يعني أنه ما زال بإمكانك التحدث خلال ممارسة التمارين دون انقطاع نفسك.

التحضير للبدء

قبل البدء برامج التمارين المنتظمة، قد بزيارة طبيبك لإجراء كشف طبي كامل. وهذا مهم خاصة إذا كنت تعاني من مضاعفات داء السكر. أبدأ بمارسة التمارين بالتدرج. أبدأ بخمس إلى عشر دقائق في البداية حتى تصل إلى 30 دقيقة أو أكثر إذا كان ذلك مناسباً.

Diabetes and Exercise

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How to live healthy with Diabetes
Diabetes and Exercise

Everybody benefits from regular exercise. In diabetes it plays an important role in keeping you healthy.

How can exercise help

- It helps insulin to work better which will improve your diabetes control
- It can help you control your weight
- It can help lower your blood pressure
- It can help reduce your risk of heart disease
- It can help reduce stress.

What type of exercise should I do?
This depends on what you enjoy and your level of fitness. Here are some suggestions:

- Walking
- Swimming
- Dancing
- Water aerobics
- Gardening
- Golf
- Cycling
- Exercise bike
- Walking machine

Increasing your general physical activity is also helpful. eg. taking the stairs instead of the lift, getting up to change the TV station instead of using the remote control, housework etc.

How much exercise do I need to do?
Ideally, about 30 minutes everyday. If this is not possible, then this time can be divided in 3x10 minutes sessions.

How intense does the exercise need to be?
You do not need to puff to gain the benefits of exercise. Aim for moderate intensity. This means you should still be able to talk as you exercise without becoming breathless.

Getting started
Before commencing a regular exercise program, see your doctor for a full medical examination. This is especially important if you have any complication of diabetes. Commence exercising gradually. Start with 5-10 minutes and slowly build up to 30 minutes.
نصائح للتمرين

• اشرب مزيداً من الماء

لتجنب الجفاف، اشرب مزيداً من السائل قبل و بعد التمرين. ويمكنك للسماح أن يكون ماء، أو سائلاً حلواً إذا اختارت إلى مزيد من الكربوهيدرات.
(مثل: 250 ملّيتر كل 15 دقيقة أو لبرتا واحدة في الساعة)

*أعتن بقدرتك

البس حذاء مريحاً ومناسب.

إخفق قدميك دائماً قبل وبعد التمرين.

إن الفرواحات والجروح الأخرى في القدمين يسببان خطرًا خطيرًا للأشخاص المصابين بداء السكر.

من المعروف أن هذه الالتهابات في القدم يمكن أن يتسبب في الوفاة. تجنّب التمرينات التي تسبب الضغط على القدمين (مثل: الركض).

إن التمرين الذي يشكل أقل حماة أو ضغطًا على القدمين هو مثالي (مثل قيادة دراجة التمرين أو المشي الرشيق مع ليس حذاء جيد).

داء السكر وقديمك

**تناول مزيداً من الكربوهيدرات**

قد تحتاج إلى تناول مزيد من الأكل الذي تحتوي على الكربوهيدرات قبل و خلال التمرين لتجنب حدوث الهبوء الغليسيمياً (نقص في مستوى سكر الدم).

تحتاج غالباً إلى مزيد من الكربوهيدرات بعد التمرين.

تُراعى مستويات الكلكوز في دم قبل، أو إذا ماكن خلال (على الأقل في البداية)، وبعد التمرين.

لتقييم مستويات الكلكوز تمدّد من الوعي.

ابحث مع أخصائي النظام الغذائي أو ممرض داء السكر عملية تعديل تناول كميات الأكل.

**تعديل الأنسولين وأقراص الأدوية**

قد يكون ضرورياً تخفيف جرعات الأنسولين أو / أو أقراص الأدوية قبل التمرين.

وهذا يُتّجه مع كل شخص. ابحث في التعديل المناسب مع طبيبك أو ممرضك لداء السكر لكي يتفاهم مع برنامج مرميك.

**استخدم واقي من الشمس**

دائماً استخدم واقي من الشمس عندما تمارس التمارين خارج المنزل.

نصيحة للأشخاص المصابين ب نوع 1 من داء السكر

إذا لم تكن متحكماً في نسبة السكر بالدم جيداً (أي مستويات الكلكوز في الدم تزيد على 14 ميلي مول في الليتر ووجود الكيتوز في البول)، فالأفضل تجنب التمرين حتى يستقر مستوى الكلكوز في دمك.

ممارسة التمرين في هذه الظروف يمكن أن تزيد في الواقع نسبة السكر في دمك والكيتونز في البول.

نصيحة للأشخاص المصابين ب نوع 2 من داء السكر

التمرين المنتظم جزء مهم من نظام حياتك اليومي.

إنه ميساء الأنسولين الذي تتناوله أن يعمل بصورة أكثر فعالية ويساعد في التحكم بالكلكوز في دمك.

Exercise Tips 7

نصائح للتمرين
Exercise Tips

- **Drink extra water**
  Drink extra fluid before, during (only if prolonged exercise) and after exercise to avoid dehydration.

  The fluid may be water, or a sweetened drink if extra carbohydrate is required. 250 ml every 15 minutes or one litre of fluid per hour is recommended.

- **Take care of your feet**
  Wear comfortable and well-fitting shoes.

  Always check your feet before and after exercise.

  Ulcers or other lesions on the feet are a serious danger for people with diabetes. It is important to avoid foot damage especially for middle-aged and elderly people. It is wise for them to avoid exercise that causes stress to the feet (e.g. running).

  Exercise which poses minimal weight or stress on the feet is ideal, such as riding an exercise bike or brisk walking in good footwear.

  See Diabetes and your Feet

- **Take extra carbohydrate**
  Take extra carbohydrate before and during exercise to prevent hypoglycaemia.

  Extra carbohydrate is often needed after exercise.

  Monitor your blood glucose levels before, if possible during (at least initially), and after exercise to assess your requirements for extra food.

  Discuss adjusting food intake with your dietitian.

- **Adjust insulin and tablets**
  It may be necessary to reduce your insulin and/or tablets dose prior to exercise.

  Insulin adjustment varies with each individual. Discuss appropriate adjustments to suit your exercise schedule with your doctor or diabetes educator.

- **Use sun block**
  Wear sun block when exercising outdoors.

**Advice for people with type 1 diabetes**

- If your diabetes is poorly controlled (i.e. fasting blood glucose levels greater than 14 mmol/L and urinary ketones), then it is best to avoid exercise until your blood glucose has settled.

  Exercise in these circumstances can actually elevate a high blood glucose level and increase ketone production.

**Advice for people with type 2 diabetes**

- Regular exercise is an important part of your management.

  It will help your insulin to work more efficiently and assist with your blood glucose control.
 لماذا يعتبر النظام الغذائي الصحي مهما؟

WHY IS HEALTHY EATING IMPORTANT?

إن أهم ما يمكن للمصاب بمرض السكر القيام به للحفاظ على سلامته صحته هو التحكم بنسبة السكر في الدم حيث تكون قريبة من العددين الطبيعي بقدر المستطاع. ويمكن تحقيق ذلك باتباع نظام غذائي صحي وممارسة التخ添加剂 الرياضية بانتظام وأخذ حق الأسرونج والأقراص معا بحسب الحاجة.

ان العديد من الأشخاص الذين يزيد وزنهم عن العددين الطبيعي الذين يصابون بمرض السكر في مرحلة متوسطة من العمر يمكن أن يتحكم بنسبة السكر بالدم بانقاص وزنهم. ومن وقت لآخر قد تكون الحاجة إلى تعديلات في نظامك الغذائي، وذلك من الضروري مراجعة طبيبك وأخصائي/أخصائي استخدام نظام.

ويعتبر الأكل الشرقي التقليدي مناسبًا للأشخاص المصابين بمرض السكر لأنه يعتمد على الكثير من الخضار والحبوب والبقول والفواكه والمكسرات وكميات قليلة من اللحوم ومنتجاتها. ويتناول الأكل الشرقي التقليدي بقل تناول الأكل المعب والجاكر ولذلك فإن المحافظة على عادات الأكل التقليدي يمكن أن تساعد على التحكم بمرض السكر.

عندما يهاجر الناس إلى أستراليا يتعرضون على العديد من الأطعمة الجديده وعلى عادات الأكل الغربي، ويبدأ العديد منهم باتباع عادات أكل تجمع بين المأكولات التقليدية والغربية. ولذلك ما يعني هذا الأكل أكثر من الدهون والسكر، مما يؤدي إلى التقليل من تناول الأكل الصحي كالفاكه والخضار والحبوب. ولذلك فإن هذه التغييرات في عادات الأكل قد تتسبب مشاكل صحية.

ومن الأفضل للأشخاص المصابين بمرض السكر أن يتناولوا أنسابًا ما يتوفر من عادات الأكل التقليدي الغربي. ويمكن أن يعتمد الأكل التقليدي على نسبة منخفضة من الدهون.

وتشمل نموذج غذائي جيد بالنسبة لشخص مصاب بمرض السكر ما يلي:

* الأغذية التي تحتوي منخفضة على أطعمة غنية بالكاروهيدرات والألياف، مثل الخبزالمصنوع من الحبوب الكاملة، الخبز الأسمر، حبوب الفطور، الخضار، والفاكهة.
* الأغذية التي تحتوي على نسبة منخفضة من الدهون.
* الأغذية التي توفر كميات البروتين الضرورية لسلامة الصحة.
WHY IS HEALTHY EATING IMPORTANT?

For a person with diabetes to remain healthy, the most important thing is to keep the blood glucose level as near to normal as possible. This can be achieved by following a healthy eating plan, undertaking regular exercise and taking insulin and/or tablets if required.

Many overweight people who develop diabetes in middle age may be able to control their blood glucose level by reducing their weight.

From time to time you may need alterations to your eating plan, therefore it is important to have regular reviews with your doctor and dietitian.

The basis of traditional Middle Eastern food habits is suitable for people with diabetes as it is based on plenty of vegetables, grains, pulses, fruit and nuts and only small amounts of meat and meat products. The use of processed and convenience food is limited and so maintaining traditional food habits can help manage diabetes.

When people migrate to Australia, they are faced with many new foods and Western food habits. Many people adopt a combination of traditional and Western food habits. This often means an increase in meat and meat products, processed and convenience foods and high fat/sugar snack foods. It usually also means a decrease in healthy food choices such as fruit, vegetables and cereals. These changes in food habits can lead to health problems.

For people with diabetes, it is best to combine the best food choices from both traditional and Western food habits to help manage their diabetes.

A good eating pattern for a person with diabetes will:

- contain mostly high fibre carbohydrate foods - eg wholegrain breads and cereals, vegetables and fruit
- be low in fat
- provide adequate protein for good health
Healthy Eating for Diabetes

CARBOHYDRATES

The carbohydrates in food are broken down into sugars that your body uses for energy. Complex carbohydrates, which are found in whole grains, legumes, vegetables, and fruits, provide sustained energy over time. Simple carbohydrates, which are found in sugar and refined grains, provide quick energy. People with diabetes should limit their intake of simple carbohydrates and choose foods that provide sustained energy.

Fibre

Fibre helps to regulate your blood sugar levels, keep you feeling full longer, and prevent constipation. Choose foods that are high in fibre, such as whole grains, legumes, vegetables, and fruits. fiber helps to regulate your blood sugar levels, keep you feeling full longer, and prevent constipation. Choose foods that are high in fibre, such as whole grains, legumes, vegetables, and fruits.

How to live healthy with Diabetes
Food provides the body with carbohydrate (including fibre), fat and protein.

**CARBOHYDRATES**

Carbohydrate foods include bread, potatoes, pasta, cereals, flour, rice, dried beans and lentils. It is best to select wholemeal or wholegrain variety. Other carbohydrate foods are fruit, milk and milk products (eg yoghurt).

These foods are broken down to release glucose (sugar). They are the best food for your body as they provide energy, vitamins and minerals, which your body needs regularly.

Carbohydrate foods are needed in regular amounts spread out evenly over the day to keep blood glucose levels controlled.

Sugars are also carbohydrate foods. These include sugars naturally occurring in fruit and milk as well as table sugar (sucrose) both white and raw, jam, honey, glucose, syrup, sweet cakes and biscuits, soft drinks and cordials, lollies and chocolate.

Food containing small amounts of sugars eg cereals, plain biscuits, plain cake, and a thin scrape of honey or jam on bread can be included in a healthy eating plan. However it is best to avoid foods which are high in sugar eg soft drink, cordials and lollies and especially those which contain fat eg chocolate, pastries, rich cakes and shortbread biscuits.

**FIBRE**

Fibre is another component of carbohydrate foods. It is essential as it helps to prevent constipation, satisfies your hunger and in some cases helps control your blood glucose level by slowing the absorption of the glucose.

High fibre foods are wholemeal flour, wholemeal/wholegrain breads and cereals, brown rice legumes (eg dried beans and lentils), whole fruit (not juices) and vegetables.
To live healthy with Diabetes

HEALTHY EATING FOR DIABETES

FATS

The fats provide more than twice the amount of energy per gram compared to carbohydrates or proteins. Thus, it is essential to limit fat intake and substitute fats in the diet with healthy fats such as those found in fish, nuts, and seeds. It is also important to avoid saturated fats and trans fats, which can raise cholesterol levels and increase the risk of heart disease.

In diabetes, the risk of heart disease is higher, and therefore, it is essential to limit fat intake to prevent the development of heart disease.

Healthy Eating

The diet for diabetes is crucial to prevent complications and manage the disease. A healthy diet includes a balanced intake of carbohydrates, proteins, and fats. It is essential to consult with a dietitian to制定 a personalized diet plan.

Carbohydrates

Carbohydrates are the primary energy source for the body. It is important to choose complex carbohydrates such as whole grains, fruits, and vegetables to provide sustained energy.

Proteins

Proteins are essential for the growth and repair of tissues. It is important to choose lean proteins such as fish, poultry, and beans.

Fats

Fats are important for the absorption of fat-soluble vitamins. It is important to choose healthy fats such as monounsaturated and polyunsaturated fats found in nuts, seeds, and fish.

Healthy Eating

In conclusion, living healthy with diabetes requires a balanced diet, regular exercise, and good management of blood glucose levels. It is essential to consult with a healthcare professional to制定 a personalized plan for living healthy with diabetes.
**FATS**

Fat provides more energy than any other food so it is important to use only small amounts.

Some examples of fat are oil (including olive, canola and blended vegetable oil), butter, margarine, cream, lard and ghee. Fat is also found in meats and meat products (eg sausages), dairy products and in nuts, seeds, olives and avocado. Many snack and takeaway foods are also high in fat.

While all types of fat can lead to weight gain if you eat too much, some fats are better for your heart than others. There are two types of fat, saturated fats (also called animal fats) and polyunsaturated or monounsaturated fats (also called vegetable fats).

Saturated fats such as butter, ghee and fatty meats can raise your blood fat (cholesterol) levels so you should try to cut down on these fats.

Vegetable fats such as olive oil, corn oil and margarine will not affect your blood fat (cholesterol) levels, but remember to use only small amounts of these. Note that not all blended vegetable oils are polyunsaturated so you need to check the type of fat used.

A healthy eating plan including low fat food choices is recommended to control your weight, your diabetes and reduce your risk of heart disease.
طريقة الحياة الصحية لمرضى السكر

النظام الغذائي الصحي للمرضى بمرض السكر

HEALTHY EATING FOR DIABETES

هناك أساليب عدة للتنقل من الدهون، وهي:

* استعمال كمية أقل من الزيت عند إعداد الطعام وطهيه:

عوضا عن الزيت، حاول أن تتبع أساليب الطهي القليلة الدهن مثل الشوي في الشواية أو على البخار واستعمال مقلاة غير لاصقة.

استعمل كمية أقل من الزيت أو الدهون في طهي الأطعمة المطبوخة بطريقة الغلي البطيء (مثل البخنة والكدرولة) والسلطة والمتبلا والأطياق الجانبية مثل البهلاء والعصائر والفواكه والمحمص والبابا غنوج وأطياق اللوبياء والبيلاف (طبق الأرز مع الخضار) وأطياق الخضار ومرقتها.

* قبل الطهي، نزع الدهن الظاهر عن اللحوم، كلهام الغنم ولحوم البقر، ونزع الجلد عن الدجاج:

قلل من كمية اللحم والدجاج الذي تتناوله وأكثر من تناول السمك (غير المقلي)

استعمل اللحم المفروم الخالي من الدهون عند تحضير الكبك وال끼ك.

حاول أن تستعمل كمية أقل من الزيت عند قلي الطعام كالفلافل والخضار.

اختيار الألبان والأجبان القليلة الدسم:

حضر اللبن واللبن من الحليب قليل الدسم أو الحليب مخفض أو أثاث اللبن (النبيذي) القليل الدسم سواء اللبن العادي أو بنكهة الفواكة.

استعمل كميات أقل من الجنس البيضاء (فيتا)

حاول أن تستعمل الأجبان القليلة الدسم مثل جبنة ريكوتا وجبينة كوتيج. (القريش)

+ التقليل قدر الإمكان من تناول الأطعمة الغنية بالدهون غير الظاهر، مثل الكعك والغريبة والشوكولاتة ومعجنات وبيض السعرات الهيكلية والمكسرات والبطاطس الباهظة السعرات الحرارية.
+ استعمال كميات قليلة فقط من المكسرات والبيض والزيتون.

البروتين PROTEIN

إن الحصول على البروتين بصورة يومية يعد ضروري للجسم.

تناول حصص صغيرة من البروتين لأن الفائض من تناوله يتحول إلى دهون في جسمك.

ومن الأطعمة التي تحتوي مصدرا جيدا للبروتين اللحم الخالي من الدهون والسمك والدجاج المتزوج الجلد والبيض واللحم والأجبان القليلة الدهن والفاكهة والخضروات وفول الصويا.
Ways to cut down on fat include:

Use less oil when preparing and cooking foods:
Instead of frying, try low fat cooking methods such as grilling, barbequing and using a non-stick pan.
Use less oil/fats in stews and casseroles, salads, dips and side dishes eg. Tabouleh, zaatar, tahini, hommus, baba gannouj, bean dishes, pilaf, vegetable dishes and sauces.

Before cooking, trim visible fat from meats such as lamb and beef and remove the skin from chicken.
Eat smaller amounts of meat and chicken and eat more fish (not fried).
Use lean mince when making kibbi and koftah.
Try using less oil to fry foods such as felafel and vegetables.

Choose low fat dairy foods:
Make yogurt and labneh from low fat or skim milk or buy low fat natural /fruit flavoured yoghurts.
Use smaller amounts of fetta cheese.
Try low fat cheeses such as ricotta and cottage cheese.

Limit foods high in hidden fats such as cakes, shortbreads, chocolate, pastries, crisps, and coconut based sweets.

Use only small quantities of nuts, seeds and olives.

PROTEIN

Protein is necessary for your body every day.

Choose small serves of protein as excess is changed into body fat.

Foods which are good sources of protein include lean meat, fish, skinless chicken, eggs, low fat cheese and milk, dried beans, lentils and soy beans.
Healthy Eating

What Can I Eat If I Am Still Hungry?

Healthy Eating

Sending feedback...
What can I eat if I am still hungry?

Some foods and drinks can be taken without affecting your blood glucose level or body weight and are called “free”, which means you may have them as much as you like.

Free drinks:

- Tea
- Coffee
- Soda water
- Mineral water - plain, unflavoured
- Low joule/cal soft drinks
- Low joule/cal cordials
- Clear soups (consommé)
- Fresh lemon juice
- Low joule/cal jelly

"Free" vegetables:

<table>
<thead>
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<tbody>
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<td>Fennel</td>
<td>Zucchini</td>
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</tbody>
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healthy eating for diabetes

This includes a variety of foods that you can consume, such as:

- Herbs and spices: thyme, oregano, basil, parsley, bay leaf, rosemary, marjoram, cinnamon, etc.
- Spices: black pepper, celery seed, mustard seeds, cumin, dill, fennel, etc.
- Fruit: oranges, grapefruit, cherries, etc.
- Vegetables: spinach, broccoli, etc.
- Nuts: almonds, walnuts, etc.
- Whole grains: brown rice, whole wheat, etc.
- Lean meat: chicken, fish, etc.
- Low-fat dairy: low-fat yogurt, cheese, etc.
- Low-sodium foods: low-sodium soups, low-sodium snacks, etc.

Furthermore, it is important to avoid foods that are high in sugar, salt, and fats. This includes:

- Sugar: sugary drinks, candies, pastries, etc.
- Salt: salted foods, pickles, canned foods, etc.
- Fats: fried foods, pastries, donuts, etc.

It is also important to eat these foods in moderation and to choose more whole, plant-based foods over processed, packaged foods. Regular physical activity and maintaining a healthy weight can also help to manage diabetes.

Healthy Eating

How to live healthy with Diabetes
Also included on the free list:

- Herbs and spices - garlic, chives, herbs (eg. coriander, mint, parsley, oregano or basil) or spices (eg. cumin, cinnamon, nutmeg, cloves, pepper or curry).
- Low joule jams.
- Low joule dressings.
- Vinegar (all varieties).
- Artificial Sweeteners eg. Saccharine, Sugarine, Sucaryl, Hermesettes, Equal, Nutrasweet, Splenda.

If you are often hungry after meals, speak to your dietitian about which foods are best to satisfy your appetite.
Healthy Eating for Diabetes

HOW TO LIVE HEALTHY WITH DIABETES

WHAT ABOUT ALCOHOL?

An abnormality in the consumption of alcoholic beverages can lead to complications, and if a person follows a healthy eating pattern, they should avoid alcoholic beverages at least two days a week. A healthy eating pattern can be achieved by consuming:

- One medium (285 milliliters) or two medium (570 milliliters) of the beverage the day before the meal,
- One medium (285 milliliters) or two medium (570 milliliters) of the beverage on the day of the meal,
- One medium (285 milliliters) or two medium (570 milliliters) of the beverage on the day after the meal.

If you consume alcoholic beverages, you should avoid alcoholic beverages at least two days a week to reduce the risk of diabetes. If you have diabetes, you should avoid alcoholic beverages on the day of the meal.

Keep in mind:

- Alcohol contains a small amount of carbohydrates. It is recommended that you drink alcohol with food to avoid spikes in blood sugar.
- If you have diabetes, you should avoid alcoholic beverages on the day of the meal.
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- If you have diabetes, you should avoid alcoholic beverages on the day of the meal.

If you have diabetes and you consume alcoholic beverages, you should avoid alcoholic beverages on the day after the meal.

Healthy Eating ١٤
WHAT ABOUT ALCOHOL?

Too much alcohol is harmful for everyone. If you drink alcohol, it is recommended that you limit your alcohol intake to 1-2 standard drinks per day and to include at least 2 alcohol free days per week. A standard drink is:

- 1 middie (285mL) of regular beer
- OR
- 2 middies (285mL) of low alcohol beer
- OR
- 120mL table wine
- OR
- 60mL fortified wine (for example port/sherry)
- OR
- 30mL spirits or liqueurs

If you drink alcohol and you are taking insulin or tablets for your diabetes, you are at more risk of having a sudden drop in your blood sugar levels (called a hypo). To prevent hypos, alcohol should be taken with meals or some carbohydrate food.

**Remember:**

All alcoholic drinks are high in energy (kilojoule) content
Low alcohol beers are preferable to regular beers or diet ale because they are lower in alcohol content
When mixing drinks use low joule mixers (eg. Diet soft drink, soda water)

**What if I drink too much alcohol?**

You could:

- Become overweight
- Damage your health
- Cause poor control of your diabetes

**Note:** Some people with diabetes on tablets experience an unpleasant flushing sensation when they drink alcohol.
Healthy Eating for Diabetes

PUTTING IT ALL TOGETHER

Essential Nutrients

health eating for diabetes

How to live healthy with Diabetes
PUTTING IT ALL TOGETHER

To help you develop a healthy eating plan remember:

-Eat meals and snacks at regular times throughout the day, especially if you take insulin or tablets.

-Base your meals on high fibre, carbohydrate foods such as bread, cereals, legumes and fruit.

-Try to eat a similar amount of carbohydrate food at each meal, do not save carbohydrate from one meal to increase the next meal.

-Use fats and oils in very small amounts and choose low fat foods where possible.

-Small amounts of sugar can be included in a healthy eating plan for diabetes. It is best to include it as part of a low fat, high fibre meal or snack.

-Avoid/limit your intake of foods high in added sugar (eg lollies, soft drinks) and especially those high in fat and sugar (eg. chocolates, pastries, shortbreads and cakes).

Babaghanouj
Healthy Eating for Diabetes

Choosing Carbohydrate Foods

It is necessary to select a variety of carbohydrates for diabetic patients. When selecting foods, it is recommended to choose foods with a low glycemic index and to consume them at different times.

And you can use the following table to choose your food:

<table>
<thead>
<tr>
<th>1/4</th>
<th>1/2</th>
<th>1/2</th>
<th>1/3</th>
<th>1/3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4</td>
<td>1/2</td>
<td>1/2</td>
<td>1/3</td>
<td>1/3</td>
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<td>1/4</td>
<td>1/2</td>
<td>1/2</td>
<td>1/3</td>
<td>1/3</td>
</tr>
</tbody>
</table>

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<tr>
<th>1/4</th>
<th>1/2</th>
<th>1/2</th>
<th>1/3</th>
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<tr>
<td>1/4</td>
<td>1/2</td>
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<td>1/3</td>
</tr>
<tr>
<td>1/4</td>
<td>1/2</td>
<td>1/2</td>
<td>1/3</td>
<td>1/3</td>
</tr>
</tbody>
</table>


|
|---|

Vita Wheat or Cruskits

Oat bran, Guardian, All Bran

Healthy Eating
CHOOSING CARBOHYDRATE FOODS

Choose from a variety of carbohydrate foods at meals and snacks. Aim to include high fibre, low fat foods at each meal. Try to include at least 2-3 serves of carbohydrate at each meal.

You may exchange one carbohydrate food for another from the list below.

- large Lebanese bread or 1 slice of multigrain bread
- cup of cooked rice (long grain variety) or pasta
- 1/3 cup cooked barley or bulgur
- cup cooked lentils
- 2/3 cup cooked legumes, beans or pulses

- 2 plain biscuits (eg Full-o-Fruit or Shredded Wheatmeal)
- 4 Cracker biscuits eg Vita Weat, Cruskits
- cup prepared breakfast cereal, eg All Bran, Guardian, 2 Weet Bix (Oatbran)

- 1 medium potato
- cup sweet corn
- 1 piece of fruit, eg 1 apple, 1 small banana, 1 cup of grapes, 1/3 medium rockmelon, 4 apricots, 2 dried figs, 4 dates, 1 cups watermelon, 1 peach, 1 mango or 20g mixed dried fruit

- 150ml 100% fruit juice
- 300ml low fat milk
- 250g (small carton) skim/low fat natural yoghurt
- 1 large scoop low fat ice cream
### How to live healthy with Diabetes

**Suggested Meal Plans**

T₂R has reminded that this is merely a hint, and the best approach is to consult a dietician or a specialized diabetes treatment.

**Breakfast**

<table>
<thead>
<tr>
<th>Item</th>
<th>Variation 1</th>
<th>Variation 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>Rye bread</td>
<td>1 slice of whole grain bread</td>
</tr>
<tr>
<td>Fruits</td>
<td>Any fruit</td>
<td>Any fruit</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Plain yogurt</td>
<td>1 serving of Greek yogurt</td>
</tr>
<tr>
<td>Omelet</td>
<td>Scrambled eggs</td>
<td>1 small egg</td>
</tr>
</tbody>
</table>

**Lunch**

<table>
<thead>
<tr>
<th>Item</th>
<th>Variation 1</th>
<th>Variation 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad</td>
<td>Any vegetable</td>
<td>1 salad blowing</td>
</tr>
<tr>
<td>Meat</td>
<td>1/2 lb of lean meat</td>
<td>1 oz of lean meat</td>
</tr>
<tr>
<td>Grilled Fish</td>
<td>Salmon</td>
<td>3 oz of grilled fish</td>
</tr>
</tbody>
</table>

**Dinner**

<table>
<thead>
<tr>
<th>Item</th>
<th>Variation 1</th>
<th>Variation 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td>Whole grain rice</td>
<td>1 cup of brown rice</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Steamed or roasted vegetables</td>
<td>1 cup of steamed or roasted vegetables</td>
</tr>
<tr>
<td>Protein</td>
<td>1 oz of lean meat</td>
<td>1 oz of lean meat</td>
</tr>
</tbody>
</table>

**Snacks**

<table>
<thead>
<tr>
<th>Item</th>
<th>Variation 1</th>
<th>Variation 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>1 medium apple</td>
<td>1 medium apple</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 oz of cheese</td>
<td>1 oz of cheese</td>
</tr>
</tbody>
</table>

---

*You can substitute any other type of food with carbohydrates with another type of food. The list is written on page 9.*

---

**Healthy Eating**

---

*システムeating for Diabetes*
**Suggested Meal Plans**

Remember this is only a guide. It is best for you to see a dietitian at your local hospital or community health centre to have an individual meal plan developed for you.

<table>
<thead>
<tr>
<th><strong>Breakfast</strong></th>
<th>OR</th>
<th><strong>Breakfast</strong></th>
</tr>
</thead>
</table>
| 1 Lebanese bread*  
1 egg or cheese  
oives  
fruit jam  
salad vegetables | | cereal (high fibre)*  
low fat milk  
1 fruit* |

<table>
<thead>
<tr>
<th><strong>Snack</strong></th>
<th>OR</th>
<th><strong>Snack</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 plain biscuits</td>
<td></td>
<td>1 fruit</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Light Meal</strong></th>
<th>OR</th>
<th><strong>Light Meal</strong></th>
</tr>
</thead>
</table>
| 1 Lebanese bread* filled with small serve protein and salad vegetables  
1 serving of fruit* | | 2 slices bread*  
soup  
(vegetable/lentil*/bean*/burghul*)  
1 fruit  
salad eg tabouleh |

<table>
<thead>
<tr>
<th><strong>Snack</strong></th>
<th>OR</th>
<th><strong>Snack</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>dried fruit*</td>
<td></td>
<td>yoghurt</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Main Meal</strong></th>
<th>OR</th>
<th><strong>Main Meal</strong></th>
</tr>
</thead>
</table>
| thin soup if desired  
medium serve protein  
vegetable based dish  
salad  
Lebanese bread  
1 serving of fruit | | medium serve protein  
free vegetables  
green salad  
cup rice  
Lebanese bread  
yoghurt |

<table>
<thead>
<tr>
<th><strong>Supper</strong></th>
<th>OR</th>
<th><strong>Supper</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 plain biscuits</td>
<td></td>
<td>1 fruit</td>
</tr>
</tbody>
</table>

*These carbohydrate foods can be exchanged for any food listed on the previous page
طريقة الحياة الصحية لمرضى السكر

مراقبة نسبة جلوكوز الدم

BLOOD GLUCOSE MONITORING

الأهداف من التحكم بالسكر هو الابقاء على نسبة الجلوكوز في الدم (أي السكر) لديك في حدوداً طبيعية (من 8 إلى 4 مللي مول في اللتر) أو أقرب ما يمكن إلى هذا العدده.

وباجراء فحص الجلوكوز (أي السكر) في دمك بصورة منتظمة، يمكنك تحديد مسار السكر لديك.

فحص نسبة جلوكوز الدم في البيت

هناك وسيلة تعطي تقويماً دقيقاً عن مدى تحكمك بالسكر، وهي عبارة عن فحص سهل للدم يمكن القيام به في المنزل، مما أنه يجب أن يحق على جميع الأشخاص الذين يعانون السكري، ومعظم الأشخاص الذين لا يتوقفون علاجاً بالأنسيين أن يحصلوا على أشارات طبية من متخصصين حول أمور السكر أو من طبيب للطريقة الصحيحة لقياس نسبة جلوكوز الدم (سكري الدم لديهم).

ومع ذلك، استعمال هذا العدال يجب أن تجزل على نقطة ممناصبكن، و أن تضعها على شريط فحص خاص. مدى القناعية، بعد ذلك يتم إدخال هذا الشريط داخل الجهاز للحصول على نسبة الجلوكوز في الدم. وهناك أشكال مختلفة من العدالات، ومن المهم أن تجعل على التدريب اللازم. استعمال هذا العدال الذي تختاره بطريقة صحية. والأن تمس كلفة في كل نقطة خاصة حتى تستطيع مراقبة نظرة جلوكوز الدم في دمك مع مرور الوقت.

الإحاطات الجديدة لإجراء الفحص

1. في الصباح عند النهوض من النوم قبل الفطور - في هذه الفترة يفترض أن يكون الجلوكوز في دمك يؤدي نسبة له.

2. بعد ساعات من تناول وجبة غذائية - في هذا الوقت يكون الجلوكوز في الدم قد ارتفع نتيجة الطعام.

3. قبل تناول وجبة غذائية - حين تكون نسبة الكولوكوز بالدم أعلى مما تكون عليه عند الصباح.

4. خلال الليل إذا:

- كنت تشعر بحرق، كنت تشعر بوجع صبحي، كانت نسبة الكولوكوز بالدم متزلفة عند الصباح أو منخفضة عند النوم بصورة غير عادية دون سبب واضح. 

وتذكر أنه يجب عليك أيضاً أن تفحص شخصيا نسبة الجلوكوز بالدم لديك في الحالات التالية:

- عندما تكون متوعداً، عندما تشعر بأعراض ارتفاع نسبة الجلوكوز بالدم، عندما تشك باحتمال انخفاض نسبة الجلوكوز بالدم.
The aim of diabetes management is to keep your blood glucose (sugar) levels in the normal range (4-8mmol/L) or as close to this range as possible. By regularly testing your blood glucose (sugar) levels, you and your doctor can keep a check on your diabetes control.

**Testing blood glucose levels at home**

An accurate way of assessing your diabetes control is by a simple blood test you can do at home. All insulin treated people and most of those not receiving insulin should seek medical instruction from a diabetes educator or doctor to learn the correct procedure to measure their own blood glucose (sugar) level.

The most common form of blood glucose monitoring is by using a blood glucose meter. To use this you need to obtain a drop of blood from your finger and put it on a specially treated test strip. This strip is then inserted into the meter to obtain your blood glucose level. There are a variety of meters available and it is important that you are properly trained in the correct use of whichever meter you choose. Remember to record your results in a diary so you can monitor your blood glucose levels over time.

**Useful times to test**

1. First thing in the morning before breakfast - your blood glucose should be at its lowest level.
2. Two hours after a meal - blood glucose has risen as a result of eating.
3. Before a meal - blood glucose is not as low as a fasting level.
4. During the night if you having been experiencing:
   - Night sweats
   - Morning headaches
   - Unexplainable higher than usual morning readings or low evening readings

**Remember you should also check your blood glucose levels if:**

- You are unwell.
- You experience symptoms of a high blood glucose level.
- You suspect that you might have a low blood glucose level.
How to live healthy with Diabetes

HYPOGLYCAEMIA

When the blood sugar level is below normal, the body signals the pancreas to release insulin, which in turn lowers the blood sugar level. This process is known as hypoglycaemia. When blood sugar levels are low, it can cause confusion, sweating, shakiness, and even seizures.

How to handle hypoglycaemia?

1. Consume a small amount of sugar or a sugar-free sugar substitute immediately.
2. Eat a carbohydrate snack or a small amount of protein.

Some examples of snacks that can be used to treat hypoglycaemia include:
- Jelly beans
- Carbohydrate snacks
- Protein snacks

Hypoglycaemia

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HYPOGLYCAEMIA

If a person with diabetes' blood glucose level falls below normal (below 4mmol/l), a condition called hypoglycaemia results. This is also known as a "hypo". It only occurs if tablets for diabetes or insulin are part of your treatment. (People on "diet-only" treatment are not at risk of hypoglycaemia.)

How to recognise a hypo
Symptoms vary but most commonly people notice some of the following:
- Trembling
- Sweating
- Rapid heart beat and pallor

If the hypo is not treated, the symptoms may become worse and lead to:
- Confusion
- Slurred speech
- Drowsiness
- Behaviour changes, such as aggressiveness, irritability, crying
- Staggering as if drunk.
- Unconsciousness

Possible Causes of a Hypo
- Too much medication
- Too much or unexpected exercise
- Delayed meal or snack
- Not enough carbohydrate food eaten

What to do if you have a hypo

1. Take some sugar or a sweet drink immediately, for example:
   - Three teaspoons of sugar, honey or glucose
   - Half a cup of ordinary soft drink (not diabetic or low calorie)
   - Half a glass of fruit juice
   - About seven soft sweets eg "jelly beans"
   - 3-5 Glucose tablets (available from a chemist)
How to live healthy with Diabetes

Mention:

Dietary Advice:

1. Take the insulin or insulin-like drugs at the specified time.
2. Eat a balanced diet, including fruits, vegetables, lean proteins, and whole grains.
3. Avoid sugary drinks and alcoholic beverages.
4. Regular physical activity can help manage blood sugar levels.
5. Monitor blood sugar levels regularly.
6. In case of hypoglycemia, eat something that will raise your blood sugar.

How to deal with hypoglycemia:

1. If you have symptoms of hypoglycemia, eat something sweet like a piece of fruit or a chocolate bar.
2. Drink a sugary beverage.
3. If symptoms persist, seek medical attention.

Precautions:

1. Always carry a source of quick-energy food, such as glucose tablets, for emergencies.
2. If you have diabetes, it is important to keep your blood sugar levels within a healthy range.
3. Avoid alcohol and sugary drinks.
4. Regular exercise can help manage blood sugar levels.
5. Monitor blood sugar levels regularly.

Hypoglycaemia
NOTE: If taking Glucobay tablets as well as the tablets which cause hypoglycaemia, remember to use glucose, glucose gel or glucose based jelly beans to treat hypoglycaemia as Glucobay will delay the action of the other forms of sugar.

2. Follow this with carbohydrate food eg:

- 1 fruit
- or
- 2 plain biscuits
- or
- 1 slice of bread

If it is time for your next meal or snack, eat this immediately.

NOTE: Hypoglycaemia must be treated quickly or you could become unconscious.

How to prevent hypos

1. Take your correct dose of insulin or tablets every day.

2. Never miss meals or snacks, eat on time and have all recommended carbohydrate food.

3. If you have an upset stomach, take your insulin/tablets, sip sugary fluid and contact your doctor or diabetes educator.


5. When drinking alcohol, eat some carbohydrate food to reduce the risk of a hypo. Excessive intake of alcohol is dangerous to everyone but especially to people with diabetes.

6. If your blood glucose level is below 4 mmol/L treat as a hypo.

Some precautions

If you are taking insulin or tablets, always carry sweets, eg jelly beans and eat them at the first sign of a hypo.

Explain hypos to relatives, friends, workmates and teachers so they will know how to help you.

Record your hypos and the times they occur and discuss them with your doctor, diabetes educator or dietitian.

Wear some form of identification.
 Diabetes and Your Feet

DIABETES AND YOUR FEET

It can be very difficult for people with diabetes to manage their feet, and it can also be very challenging to make sure they are healthy. However, there are some simple tips that can help you look after your feet.

Tips to Help You Look After Your Feet

- Check your feet daily.
- Inspect your feet regularly for any cuts, sores, or other signs of damage.
- Use a mirror to check the bottom of your feet.
- Wear well-fitting shoes and socks.
- Keep your feet clean and dry.
- Report any redness, swelling, or pain.

Podiatrist

If you have any concerns about your feet, you can consult with a podiatrist.

First Aid

If you have a minor wound or sore on your foot, clean it with soap and water and cover it with a sterile bandage. If the wound is not healing or if it becomes infected, see a doctor.

Emergency

If you have a more serious wound or if you think your foot may be infected, go to the hospital immediately.

Diabetes and Your Feet

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How to live healthy with Diabetes

طريقة الحياة الصحية لمرضى السكر

السكر وقدمك

DIABETES AND YOUR FEET

يمكن لمرض السكر أن يؤدي سلبًا على الدورة الدموية بالقدمين، ويمكن أن يلحق الضرر بأعضاء القدمين، ونتيجة لذلك قد لا تشعر بعدوث أية إصابات قيدها. إن تقنيات المصلحة التي تصل القدمين والأضرار التي تلحق بالأعصاب يمكن أن تؤدي إلى مشاكل صحية بالقدمين، غير أنه يمكن التقليل من مخاطر هذه المشاكل بالعناية الجيدة بقدميك.

ارشادات تساعدها على العناية بقدميك

TIPS TO HELP YOU LOOK AFTER YOUR FEET

وفي الحماية لقدميك

- فحص قدميك يوميًا. إذا كنت غير قادر على رؤية باطن قدميك، استعمل مرآة تضعها تحت قدميك لمساعدتك.
- ارتد أحذية وحذاء على مقاس رجليك.
- لا تضع رجليك قرب الدفايات أو نافذة المياه الساخنة.
- لا تشتبك رجليك عند الجلوس.
- توقف عن التدخين.

العناية بالقدمين

- غسل القدمين كل يوم بالماء الفاتر والصابون.
- تشف قدميك بلطف وخصوصا بين الأصابع.
- ذلك قدميك بمعجون (كريم) مرتبط بالتفادي الجفاف والتشقق.
- لا تقص أظافرك كثيرا عند قصها.
- لا تستعمل لزقات الكاليلو.
- أخصائي العناية بالأقدام (PODIATRIST) بإمكانه أن يساعدك على التخلص من أي كاليلو أو جزء متصعب من الجلد.
- في القدم.
- في القدم.

الإسعافات الأولية

- إذا كان يوجد جرح صغير أو دمالة صغيرة في الجلد: أغسل القدمين ونفواها بلطف وحرص.
- غط الجرح أو الدهلية بضمادة نظيفة لالتقي وتحص.
- تفحص قدميك كل يوم. إذا كان لون الجرح أو الدهلية أحمرًا أو كان هناك ورم أو أي تصرف فجف أن تراجع الطبيب فورًا.
DIABETES AND YOUR FEET

Diabetes can affect the blood supply to your feet. The nerves can be damaged and you may not feel any injury to your feet. Poor blood supply and nerve damage can lead to foot problems. You can reduce your risk of foot problems with good foot care.

TIPS TO HELP YOU LOOK AFTER YOUR FEET

Protect your feet
Examine your feet each day. If you are unable to see the bottom of your feet, use a mirror held under your feet to help you.
Wear shoes and socks that fit well.
Don't put your feet next to hot water bottles or heaters.
Don't sit with your legs crossed.
Stop smoking.

Foot care

Wash feet every day using warm water and soap.
Dry your feet gently especially between the toes.
Rub moisturising cream on your feet to prevent dryness and cracking.
Don't cut your toenails too short.
Do not use corn plasters.
A podiatrist is a foot expert. They can help if you have a corn or callus.
Foot ulcers may not hurt but they are still serious.

First Aid

If you have a small skin break:

Gently wash and dry the foot.
Cover with a clean non-stick dressing.
Look at your feet every day. If the sore is red, swollen or there is any discharge,
go to the doctor immediately.
SICK DAYS

How to live healthy with Diabetes

Sick Days 27
When you have diabetes, everyday illnesses can affect your diabetes control. Illness or infection will nearly always cause a rise in blood glucose levels so it is very important to never stop taking your tablets or insulin or reduce the dose even if you feel unable to eat your normal meal.

If you do feel nauseated and do not wish to eat, it is important to have extra fluid at this time. For those on diabetes tablets or those taking insulin it is especially important to ensure that you have some form of carbohydrate as well. To replace carbohydrates, sip a little ordinary lemonade or sweetened fruit juice (1/2 a cup) every 20 to 30 minutes or 2-3 teaspoons of sugar dissolved in water. This should prevent hypoglycaemia.

You can also try tea or coffee with 2-3 teaspoons of sugar or honey or a small serving of ice cream, ordinary jelly or tinned fruit or 2-3 plain biscuits, such as Shredded Wheatmeal.

**What you should do:**

Get plenty of rest.
Test your blood glucose more regularly.
If you have fever, aches or pain, take panadol for relief.
If you have Insulin Dependent Diabetes Mellitus (IDDM) check your urine for ketones regularly.
Drink plenty of fluids eg water or low joule soft drinks.

Testing your blood glucose levels frequently will help you to decide whether you need low joule or normal soft drinks according to how high your blood glucose levels are.

**When should you see your doctor:**

If you experience symptoms of high blood glucose (Hyperglycaemia), eg feeling very tired, thirsty, or pass large quantities of urine.
If you experience repeated vomiting or diarrhoea.
If you detect signs of infection, eg redness, swelling or discharge from a wound.
If your usual pain killers do not work.
If you have a fever for more than 24 hours.
If you have IDDM and show ketones in your urine.
If your blood glucose level remains elevated for 24 hours.
If you have any doubts...
Looking after Diabetes

You have diabetes if you have experienced two or more of the symptoms mentioned below:

1. A positive family history: If one of your family members has diabetes, your risk of developing the disease increases.
2. A history of diabetes in a first-degree relative: This increases the risk of developing diabetes.
3. A history of diabetes in a second-degree relative: This further increases the risk of developing diabetes.

To keep your blood sugar levels under control, it is important to make changes to your diet and lifestyle. These changes may include:

- Eating a healthy, balanced diet: This includes plenty of fruits, vegetables, and whole grains.
- Getting regular physical activity: Aim for at least 150 minutes of moderate-intensity exercise per week.
- Maintaining a healthy weight: This helps control blood sugar levels.
- Managing stress: Chronic stress can increase blood sugar levels.

It is important to speak with your healthcare provider about these changes and how they can help you manage your diabetes. They can also recommend additional strategies to help you manage your diabetes.

Looking after Diabetes

How to live healthy with Diabetes
LOOKING AFTER DIABETES

When you have diabetes, your doctor should arrange a variety of tests to assess your health. Over time, poorly controlled diabetes can cause damage to the eyes, kidneys, nerves and blood vessels. Annual checks by your doctor are the most effective way of detecting the development of complications and with prompt treatment, a great deal can be done to prevent the damage from getting worse.

**Tests your doctor needs to do:**

1. **Blood pressure** to be repeated at every routine visit
   A check by your doctor for signs of general health problems

2. **Weight** to be checked at every routine visit
   A check by your doctor to ensure any weight problems is picked up early.

3. **Foot examination** to be repeated every six months
   A check by your doctor for signs of ulcers, infections of abnormalities. If these exist, see a podiatrist!

4. **A special blood test** called HbA1c to be repeated every 6-12 months
   A test, which your doctor will arrange to assess your overall blood glucose control.

5. **Cholesterol/ triglycerides test** to be repeated every 12 months
   A blood test, which your doctor will arrange to check you blood fats

6. **Kidney test** to be repeated every 12 months
   A test, which your doctor will arrange to check for early signs of diabetic kidney problems. For this, urine is tested

7. **Eye examination** to be repeated every 12 months
   An examination by an eye specialists (referred by your doctor) or an optometrist to check for damage to blood vessels in the back of the eye.

**Remember good control of diabetes will lessen your chances of developing the complications of diabetes. You can help to avoid or delay complications by:**

- Eating sensibly. Eat mostly carbohydrate foods like fruits, vegetables, legumes, breads and cereals and less fatty foods.
- Doing some regular physical activity
- Not something – smoking causes narrowing of the blood vessels which can cause further damage
- Checking your feet every day.

The team approach managing diabetes (you, your family and medical/health professionals) is the best way to help you achieve good control of your diabetes.
How to live healthy with Diabetes

**DIABETES EDUCATION CENTRES**
**In South Western Sydney.**
You can contact your local diabetes education centre for clinics and information about nutrition, foot and eye care and education groups. Here they are listed below.

<table>
<thead>
<tr>
<th>Location</th>
<th>Centre Name</th>
<th>Contact Numbers</th>
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<tbody>
<tr>
<td>CAMPBELLTOWN</td>
<td>Macarthur Diabetes Service</td>
<td>4663 4130</td>
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<tr>
<td></td>
<td>Rosemeadow Community Health Centre</td>
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<td></td>
<td>5 Thomas Rose dr</td>
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<td></td>
<td>Rosemeadow</td>
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<tr>
<td></td>
<td>Macarthur Division of General Practice</td>
<td>4625 9522</td>
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<tr>
<td>BANKSTOWN</td>
<td>Bankstown Diabetes Service</td>
<td>97228360</td>
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<td>Bankstown Hospital</td>
<td>97228354</td>
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<td>cnr. Polding St &amp; Prairievale</td>
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<td>FAIRFIELD</td>
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</tbody>
</table>

**INTERPRETERS** can be organised to attend the clinics above. Speak to the diabetes educator at the centre you will be attending to organise an interpreter or you can phone 98286088 for assistance.

**Telephone Interpreter Service (TIS):** Tel 130450

You can contact **Diabetes Australia-NSW** for information on membership, nutrition and how to manage your diabetes by calling 1300 156 588 for this information.

**Resources**